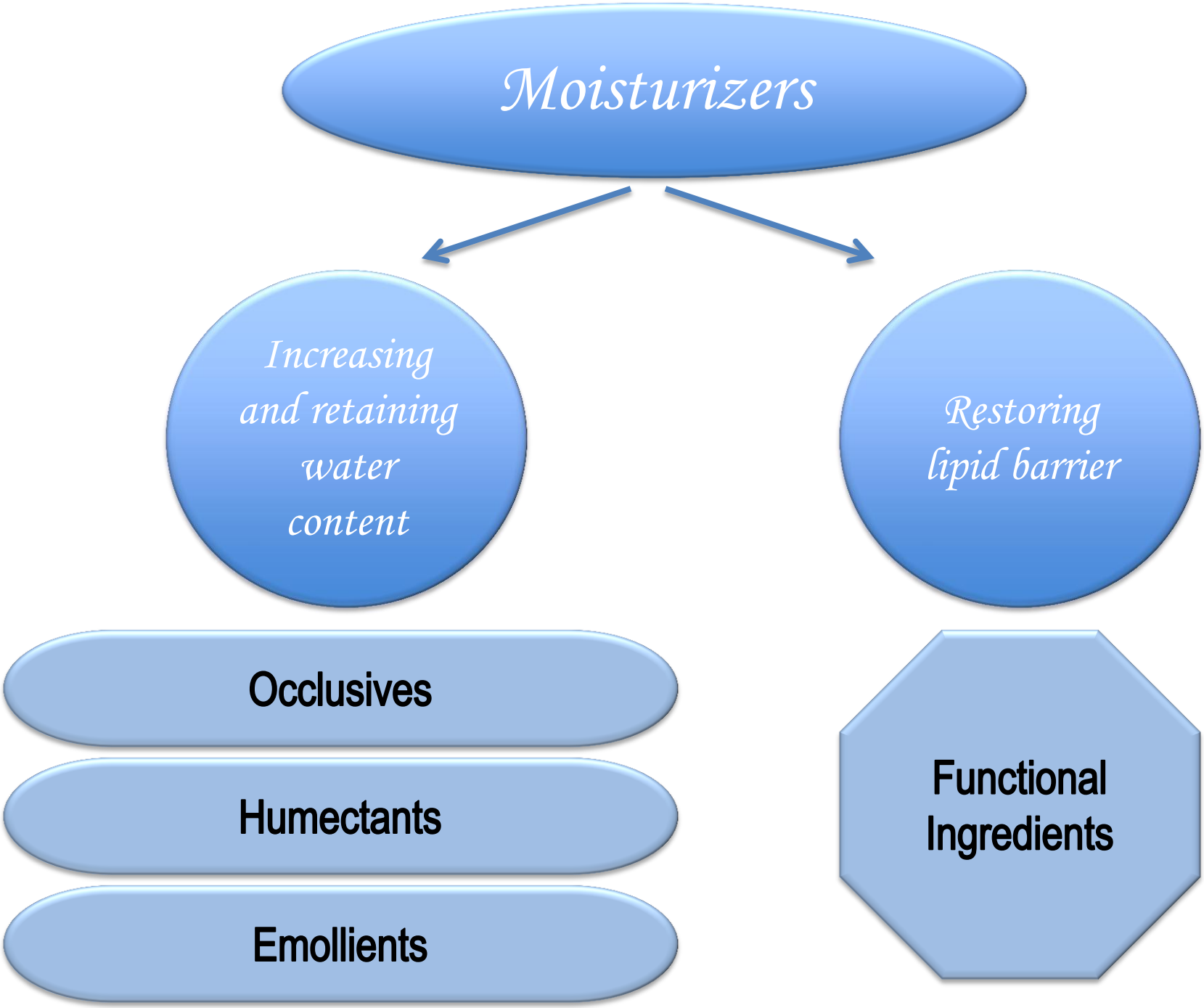
Cosmeceuticals and Cosmetics

NAHDI TRAINING Department

Community Pharmacist Training

Body Care

- Body Moisturizers
- Body Scrubs
- Body Hygiene
- Body Odor Control
- Body Massage
- Hand Care
- Lip Care


Moisturizers
Increasing and retaining water content
Restoring lipid barrier
Occlusives
Humectants
Emollients
Functional Ingredients

Body Moisturizers

Lotions

cream

oils

talc

Used after shower as pores of skin are still open to increase skin absorbation to moisturizers

Body moisturizers

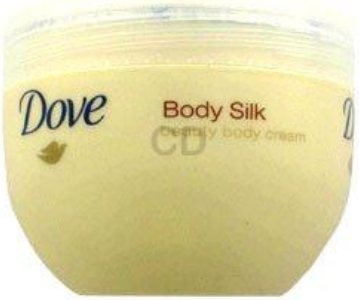
1-Lotion OR MilK

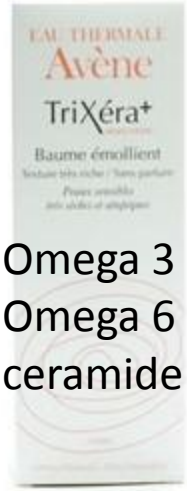
may be with fragrant or odorless (for sensitive skin)

contain emollients Cocoa butter or Shea butter or aloe vera

What is the difference between cream &fluid(milk-lotion)as body moisturizers?

Moisturizers cream





Omega 3
Omega 6
ceramide

Restore lipid barrier

oil

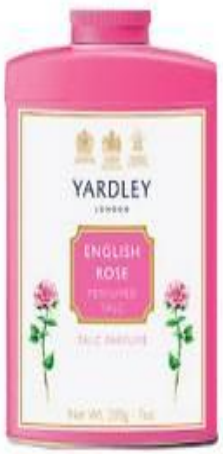
- used as body emollients &for body massages

powders

Baby talc powder

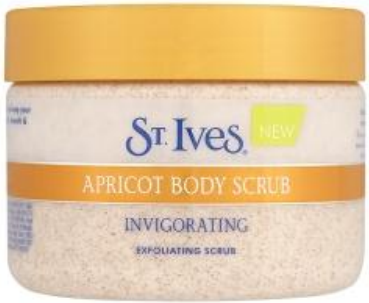
Perfumed talc powder

Prickly heat powder



Body Scrubs

- Characterized by large particle size
- Can be used 1-2 weekly.
- Remove outer dead layer of skin(cell renewing)



Physical scrubing

Shower gel

- Body is the largest part of the skin, our body must be cleaned to get ride of sweat ,dirt &impurites

- ❑Shower gels
- ❑Loofah
- ❑Soap bar

Shower gel

CASTALIA
LABORATOIRES DERMATOLOGIQUES PARIS
Dermopur
Shampooing
Traitant Fluide
PELLICULES GRASSES
DÉMANGEAISONS ET IRRITATIONS
DERMATITE SÉBORRHÉIQUE
CASTALIA
LABORATOIRES DERMATOLOGIQUES PARIS
Dermopur
Shampooing
Traitant Fluide

Dove
Firming

CASTALIA
LABORATOIRES DERMATOLOGIQUES PARIS
Sensial
Gel Nettoyant Surgras
VISAGE ET CORPS
SANS SAVON
PEAUX SENSIBLES
DÉSHYDRATÉES
CASTALIA
LABORATOIRES DERMATOLOGIQUES PARIS
Sensial
Gel Nettoyant Surgras
VISAGE ET CORPS
SANS SAVON

loofah

It is considered as physical peeling method

Variation of loofah in

shape(according to body area intended to be washed)
texture (according to skin tolerance)

Body Massage

Benefits of body massage :

1- Improves and increases the blood circulation

2- in treatment of cellulite.

3- Relief tension

Usually oils like baby oils are used for the body massage.

Body Odor Control

Normally our body sweats to regulate our temperature, and eliminates many elements and toxins.

To overcome the non acceptable sweat odor we usually use Deodorants and Antiperspirants.

Deodorants ,are substances applied to the body to affect body odor caused by bacterial growth and the smell associated with bacterial breakdown of sweat in armpits.

Antiperspirants, prevent odour as well as reduce sweat by affecting pores, which produce sweat.

Deodorants are classified and regulated as cosmetics by the U.S. (FDA). while antiperspirants are classified as drugs by the FDA.

Actually most of body odor control products are mixture between deodorants and antiperspirants.

Body Odor Control

According to the form , Deodorants and antiperspirants are classified into :

1- Sprays
2- Roll On
3- Sticks
4- Creams

Alcohol and odor free deodorants are available for those with sensitive skin.

Aluminium salts are added to some antiperspirants as they reduce excessive perspiration ,but they are neurotoxic in high concentration.

deoderant

vichy

Roll on (scented ,non scented)
stick
Spray
Cream(24 Hrs-7 days)

sebamed

Roll on

Louis widmer

Deo cream (scented ,non scented
Deo spray(scented ,non scented

Beesline

Whitening deoderant

vichy

scented

Non scented for sensitive skin

Roll on

24 Hrs &7 days

cream

spray

stick

Louis widmer

Alcohol free

scented

Non scented

scented

Non scented

Body Odor Control

Body Splashes (Perfumes)

These types of products are intended to be used elsewhere on the body , they are lighter in strength than colognes.

Usually, they are used after showering.

They may be with fruits or oriental odors (Musk – Amber – Oud – Rose).

Hand Care

Hands tell you a number of things about yourself. Hands tell you how you lead your life and how you take care of your body and skin, to take care of your hands you have to :

1- Use soap less cleansers.

2- Use hand moisturizers at least twice daily.

3- Wear disposable gloves during daily home work

4- Wear dermal cotton gloves to keep your hands from drying especially during the night.

Hand Care

Hand soap :

Liquid soap

Soap bar

Hand sanitizer :

it is used to clean hands without water, it is suitable for out home use.

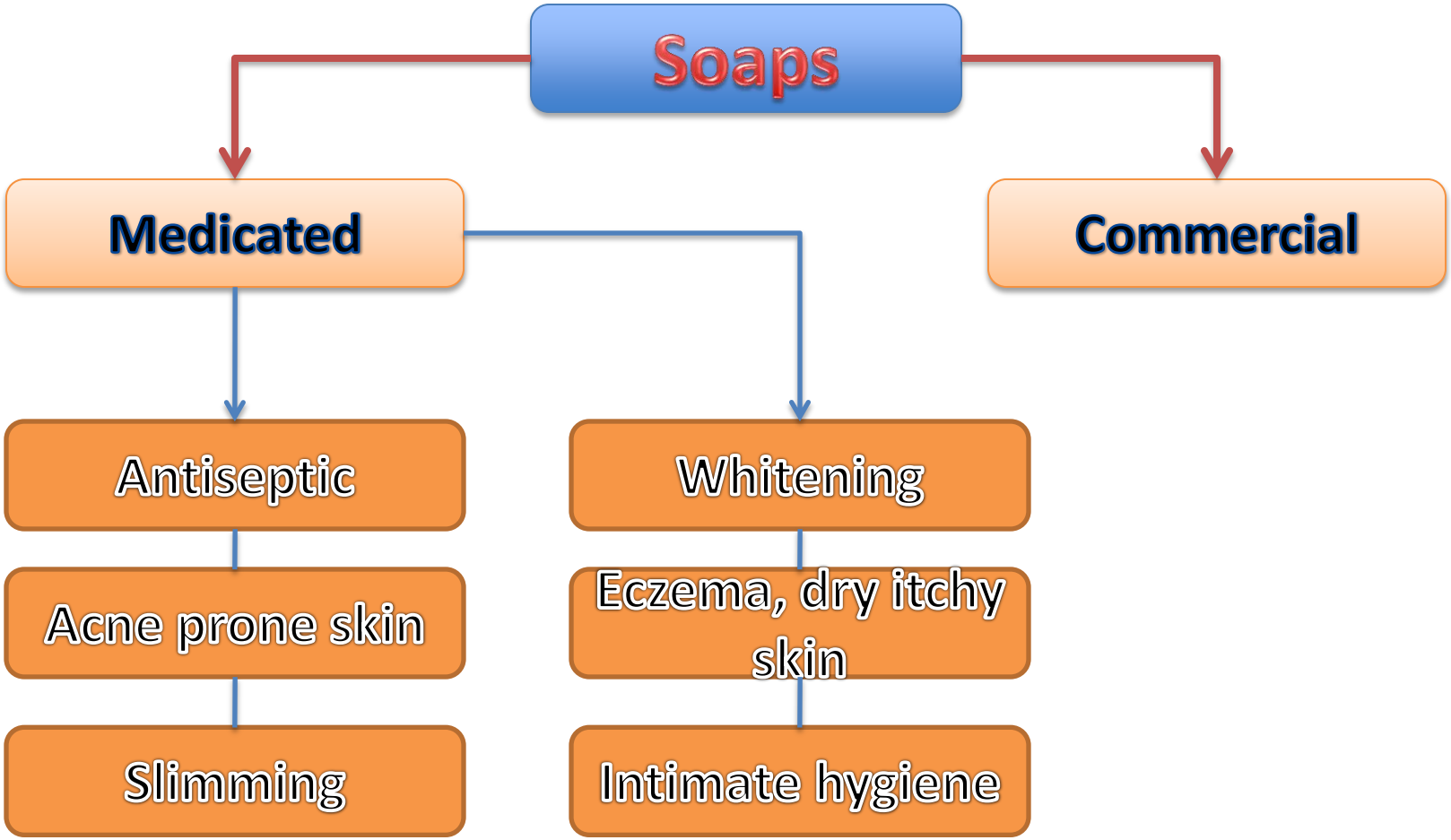
Hand moisturizers :

Many hand creams are available, and we have to use hand creams several times daily to prevent hand drying .

Dermal gloves :

They consists of two pairs of gloves ,one pair is made from cotton to keep the hands from drying , and the other pair is plastic to be worn over the cotton pair during kitchen work.

Hand Care


Soaps
Medicated
Commercial
Antiseptic
Acne prone skin
Slimming
Whitening
Eczema, dry itchy skin
Intimate hygiene

Hand Care

EAU THERMALE
Avène

Oilatum
soap bar
for dry skin

BeeSlim
WHITENING
SAVON ECLAIRCISSANT
POUR VISAGE
Teint Soyeux,
Eclatant & Uniforme
بيزلين
صابونة لتفتيح البشرة
لرونق و نقاء الوجه

Dove

Dettol
Healthy Touch
instant hand sanitizer

NORWEGIAN FORMULA
hand cream
CONCENTRATED
Neutrogena

EAU THERMALE
Avène
Cold Cream
Crème mains
Hand cream with Cold Cream

VICHY
LIPIDIOSE MAINS
LIPIDIOSE HANDS
50 ml

Hand Care

Nails :

As an important part of our hands , nails need to be well taken care of.

For the nails we have :

1- Nail hardener
2- Nail cutter
3- Nail polish remover
4- Cuticle remover
5- Prevent nail biting solution
6- Nail files

If the nail is splitted , we can repair it by using nail glue.

Hand Care

NUTRITIVE NAIL CREAM
NAILACTAN
FOR DAMAGED NAILS
15 ml
Dry, brittle, damaged nails ?
MAVALA
SWITZERLAND

CUTEX
Basics
REGULAR
NAIL POLISH REMOVER
PROTEIN ENRICHED
8 FL OZ (236 mL)

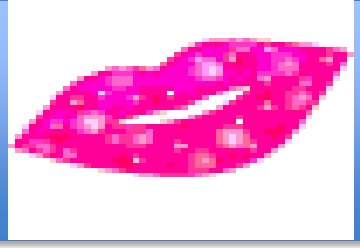
Made for you
TITANIA

TITANIA
Germany
Hautzange
Cuticle nipper
Pince pour la peau
Tenacillas

STOP
10 ml/3 fl. oz.
MAVALA
MAVALA
STOP
DISCOURAGES NAIL
BITING AND THUMB
SUCKING
Nail biting ?
10 ml
MAVALA
SWITZERLAND

BOURJOIS
PARIS

Lip Care



The skin of the lip is very delicate. it does not have any sebaceous glands. For these reasons, the lips dry out faster and become chapped more easily. Lip has a lot of nerve endings and therefore is very sensitive.

Dryness, sun rays and smoking accelerate the appearance of lips age wrinkles

Many other factors can easily cause lip dryness , like the dry weather or as a side effect of some medicines like systemic isotretenoin and diuretics

The perfect lip stick contains

- Up to 8 hours moisturizer
- Sun block
- Anti oxidant
- Gentle exfoliater
- Also it may contain whitening and glossy ingredients

Know To Glow

Thanks for active listening and effective participation